

# Beauty without a knife - myth or reality?

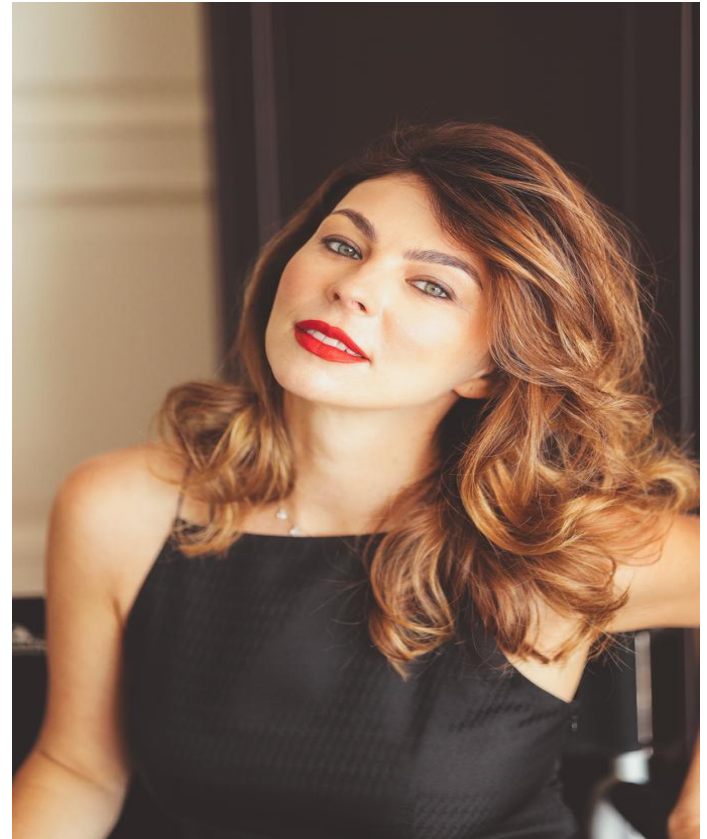
“ Aging beautifully” and other  
postulates from the field of the beauty  
sphere is quite realistic to realize life  
without surgery , explains expert

[Alexandra Chudakova](#)



In the spring of 2021, the creators of the series "Sex and the City" announced the filming of a new, seventh season, which will show the life of the main characters "over fifty". How appropriate is it to shoot a sequel? The fans are excited, many associate themselves with the heroines, but not everyone is ready to see what will happen to them after 50 years. One way or another, you need to prepare for the premiere not only mentally, but also physically. Alexandra Chudakova is an expert in the field of the beauty industry, who assures that thanks to her recommendations, a woman can preserve her natural beauty and youth without surgery and harm to health in adulthood.

A chemist and artist by training, Alexandra worked in the L'OréalLuxRussia brand team, was the brand manager of the Lancôme cosmetics brand, and later became a member of the design team of the Spanish jewelry company Carrera & Carrera. Currently, Alexandra Chudakova maintains an Instagram blog about beauty, and also consults the design department of the exclusive jewelry brand Boys & GirlsJewelry.





**Alexandra, we have an impressive track record. How did Instagram beauty reviews begin?**

For the past two years, we have been living in the conditions that COVID-19 dictates to us. Quarantine and total isolation have closed roads to spas and beauty salons. I had to master cosmetic procedures at home, then I wanted to share my experience with other women, talk about products that have been tested and really work. Moreover, my education allows me to make an expert assessment. I understand what really is included in the composition of cosmetics and how it can affect the condition of the hair, skin of the face and body.



**Let's go back to your beauty expert story. What will the reader find on your pages?**

Using my life as an example, I tell you about a diet that will fill you and your family with energy, and the body with useful substances, what procedures can and should be done at home, and which ones are better to entrust to professionals, how to make up a daily routine in order to have time for everything and not feel tiredness. This is a kind of beauty day, a cheat sheet that every woman can read and later remember and apply. And, perhaps, this will be the starting point of the movement towards a healthy and happy life.



### ***Beauty destinations by Alexandra Chudakova***

- Make-up: hypoallergenic decorative cosmetics; persistent professional cosmetics that will not let you down at important events; natural cosmetics without fragrances and harmful ingredients.
  - Skincare: essential products for skin care in hot and cold seasons; moisturizers for dry skin; tips for getting rid of skin redness and irritation.
  - Hair: hair care at home with the effect of salon treatments; an overview of products for different types of hair; treatment, care, hair restoration with natural cosmetics.
  - Fragrance: rules for the selection of perfume; fragrance trends and seasonality in their use; fragrances for a specific occasion.
  - Bodycare: products for regular procedures and beauty care; hydration, nutrition, protection and massage.
  - Tools: massagers, beauty gadgets to improve the effect of the use of cosmetics
- A detailed story about new products in the field of Beauty & HealthCare, as well as proven recommendations for choosing cosmetics and personal care products, Alexandra Chudakova leads on her Instagram account.